

the void

Posted by nitzotzeloki - 07 Apr 2013 18:34

unfortunately im dealing with some very severe depression which started recently (it usually happens this time of year) i feel like a complete piece of **** and davening and learning is really difficult for me. i want to connect to Hashem but the only g-d i know when im in this state is the g-d of fantasy and temporary pleasure. ive been white knuckling it so far but as dov says 'how long can you hold youre breathe?' i feel totally self involved, stuck in my own head which is the worst place for me to be. ive been reaching out to get some off internet help and im holding on the best i can. i feel this empty space inside and i dont know whats even supposed to go there. im not good at saying what i actually feel, always thinking that i 'have' to be okay. well right now im not okay.

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Re: the void

Posted by Machshovo Tova - 12 Apr 2013 01:13

[nitzotzeloki wrote:](#)

getting good food in yeshiva is rough. the zman started again and i have zero interest in learning. if im not learning i need something to do with my time or im in trouble...

[Machshovo Tova wrote:](#)

Reminds me of a true story:

There was an old-time Rosh Yeshiva in Ponovez Yeshiva, Reb Dovid Povarsky zt"l (father of Reb Berel Povarsky Shlit"a). He was a big tzaddik and a big matmid. He had a very laid back personality. Like when he said a shiur or a shmuz, he would speak in a monotone without any emotion at all. Once a bochur came to him seeking for some chizzuk. "Rebby, what should I do? I have no cheshek to learn", said the bochur. And Reb Dovid replied - in a monotone, as usual: "Ich - leren - shoin - zibtzig - yohr - ohn - cheshek." (I'm learning already seventy years without emotion.)

I'm sur Reb Dovid never heard of the expression "Keep on trucking". But he did it for seventy years straight.

MT

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Re: the void

Posted by nitzotzeloki - 12 Apr 2013 13:31

@ MT thanks for the thought (i think) but learning for 70 years without emotion? not something im interested in. i know theres the whole kabalas ole thing but realistically if im not getting sipuk in yidishkeit thats a major problem for me. especially learning. im trying to find a solution. maybe its time for me to leave full time yeshiva and do something more active and involved. im being meyaetz with people but i have this crushing fear of change and a lack of faith in myself. i am trying to keep in mind that what i am going through is tailor made for me by Hashem as an opportunity for me to face my fears overcome them and grow, and that i cant do it alone.

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Re: the void

Posted by Machshovo Tova - 12 Apr 2013 19:06

I hear. Hatzlacha in finding what's right for you. I can only speak from my own experience. I don't 'really' enjoy learning. But I kept at it for many decades, cuz I believed it's the right thing to do, and B"H I accomplished quite a bit. Similary, I do not always enjoy staying away from lustful situations, but I try to behave appropriately, and B"H I'm doing pretty good.

May Hashem bless each of us according to our needs, Amen.

MT

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Re: the void

Posted by nitzotzeloki - 16 Apr 2013 17:19

just wanted to let you all know that B"H im doing much better now. im getting a lot of support and am in a much better frame of mind. (im even managing to learn a little bit)

thanks to all

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Re: the void

Posted by Machshovo Tova - 16 Apr 2013 19:14

That's gevaldig! Keep it up & ENJOY!

MT

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Re: the void

Posted by ZemirosShabbos - 16 Apr 2013 23:16

happy to hear

hatzlocha

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Re: the void

Posted by syataDshmaya - 17 Apr 2013 03:30

I started Jogging recently and it gives me energy and really helps. Maybe you could try it? It's rough at first, but if you just get going you'll see that you feel better, and it gets easier the more you do it:) I can totally relate to what your saying. Thank you for sharing!

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Re: the void

Posted by Machshovo Tova - 17 Apr 2013 18:11

Kinda hard to jog in the summer with closed eyes.

MT

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Re: the void

Posted by Pidaini - 17 Apr 2013 23:41

[Machshovo Tova wrote:](#)

Kinda hard to jog in the summer with closed eyes.

MT

if i'm not mistaken it's hard to jog in the winter with closed eyes also!!!

NitzosEloki, i feel for you, hope you find the right thing to help you out!! have you tried learning out of the box things? i found that that helped me a little.

hatzlacha!!

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Re: the void

Posted by reallygettingthere - 17 Apr 2013 23:45

[syataDshmaya wrote:](#)

I started Jogging recently and it gives me energy and really helps. Maybe you could try it? It's rough at first, but if you just get going you'll see that you feel better, and it gets easier the more you do it:) I can totally relate to what your saying. Thank you for sharing!

I also started jogging a few months ago and it made a noticeable difference, I just felt better, more alert and more under control

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Re: the void
Posted by nitzotzeloki - 22 Apr 2013 17:36

played an intense game of soccer yesterday. sore as anything today but feeling good

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Re: the void
Posted by Pidaini - 22 Apr 2013 22:49

Who won?

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Re: the void
Posted by nitzotzeloki - 22 Apr 2013 23:11

im not actually sure. i think us. it was more for the exercise and social contact than anything

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Re: the void

Posted by moish u.k. - 25 Apr 2013 18:55

[nitzotzeloki wrote:](#)

played an intense game of soccer yesterday. sore as anything today but feeling good

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Thats "football" in english.